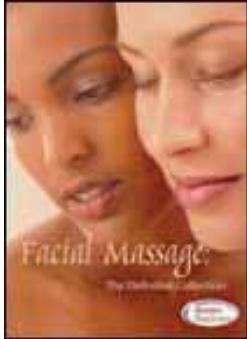




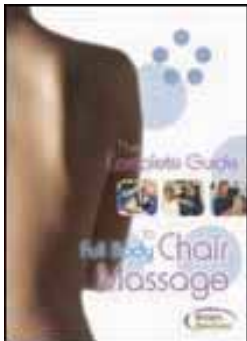
The Ultimate Ultrasonic Facial - AU\$ 170

For the ultimate in high tech facials, learn to incorporate ultrasound with electrical stimulation in the aesthetic environment. In this 2-disc set, aestheticians can learn the techniques and approach for providing ultrasonic facials. Melinda McHenry, a licensed aesthetician and cosmetologist, walks you through an ultrasonic facial with a Class II FDA ultrasound machine, providing insights and tips throughout. She also demonstrates using a sonic spatula for deep pore cleansing and light exfoliation. Mike Mosk discusses the science behind ultrasound and electrical stimulation, plus how this treatment approach compares to other cosmetic options: benefits, cost, downsides to patient, pain involved, and long-term ramifications. (Disc 1: 50 Mins., Disc 2: 1 Hr. 40 Mins.)



Facial Massage: The Definitive Collection - AU\$ 140

Aesthetic VideoSource presents the definitive collection of the best facial massages featured in our instructional facial and massage videos. Four renowned experts bring their own distinctive facial massages to their treatments, including European facials, stone massage, chair massage, and lymphatic drainage massage. CIDESCO diplomat, Rita Page, demonstrates a detailed facial cleansing massage. Meade Steadman, LMT, demonstrates three facial massages: one incorporating hot and cold stones to help stimulate circulation and relax musculature, one showing how to restore natural beauty from the inside-out by following the musculature and vascular system, and a facial massage in the chair. Eva Mileski, aesthetician and LMT, walks you through an extensive facial massage that is part of her facials. Jennifer Bryant, LMT, instructs how to stimulate lymphatic drainage on the face using massage techniques. (1 Hr. 23 Mins.)



The Complete Guide to Full Body Chair Massag - AU\$ 115

In this comprehensive guide, learn from expert massage therapist, Meade Steadman, the in's and out's of full body chair massage: techniques, equipment, and how to generate business. With detailed discussions of musculature, Meade demonstrates a general full body massage from head to toe, as well as techniques for addressing specific client complaints: headaches, kinked necks, aching shoulders and back, and carpal tunnel. Massage is demonstrated on male and female models. Meade also touches on different chairs, tools and setup, dealing with business attire, and tips for marketing and building your professional practice. Contraindications are included. This thorough guide covers it all. (2 Hrs. 17 Mins.)



European Facials, Vol. 1 - AU\$ 140

Award-winning CIDESCO diplomat, Rita Page, demonstrates the steps of a thorough European facial with detailed massage techniques and a minimal amount of equipment. Part of a comprehensive three-part series, Vol. 1 includes discussion of facial bed set-up, equipment (stool, steamer, and other tools of the trade), and professionalism. Rita then begins the facial, starting with a client consultation, skin analysis, and an extensive cleansing massage on the face, neck, and décolleté. Massage, an important component of a European facial, is used for application of product as well as a luxurious treatment that completes the spa experience. (1 Hr. 34 Mins.)

*Received 2006 Silver Summit Award
Received 2006 Bronze Telly Award*



European Facials, Vol. 2 - AU\$ 140

Award-winning CIDESCO diplomat, Rita Page, demonstrates the steps of a thorough European facial. Part of a comprehensive three-part series, Vol. 2 continues the facial begun in Vol. 1. Rita delves into exfoliation (with an enzyme); desincrustation; an extensive essential oil massage on the neck, shoulder, décolleté, and upper arms; extractions (with cotton and extractor); treatment ampoule and cream application; and a product-penetrating facial massage. Massage, an important component of a European facial, is used for application of product as well as a luxurious treatment that completes the spa experience. (1 Hr. 36 Mins.)

Received 2006 Silver Summit Award



European Facials, Vol. 3 - AU\$ 140

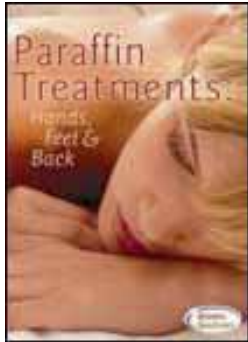
Award-winning CIDESCO diplomat, Rita Page, demonstrates the steps of a thorough European facial. Part of a comprehensive three-part series, Vol. 3 continues the facial being demonstrated in Vol. 1 and 2. Rita finishes the facial with a mask customized for different parts of the face (T-zone, eyes, cheeks and décolleté), hot and cold compresses, and protective facial creams. While products are penetrating, Rita demonstrates how to perform a scalp massage, hand and arm treatment, and foot and lower leg treatment. Rita completes the facial with a post-treatment client consultation. In a special feature, Rita demonstrates how to make her trademark cotton pads. (1 Hr. 51 Mins.)

*Received 2006 Silver Summit Award
Received 2006 Bronze Telly Award*



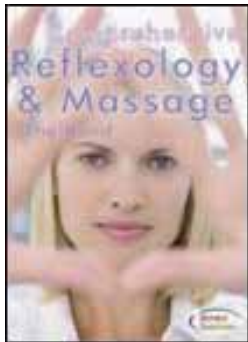
Paraffin Treatments: Face and Décolleté - AU\$ 110

With its ability to increase the skin's blood flow, hydrate, and penetrate product, paraffin is ideal for use in facials. Award-winning CIDESCO diplomat, Rita Page, demonstrates how to use facial paraffin (with brush and gauze) and paraffin strips on the face and décolleté, as part of a complete facial. Indications and contraindications are included. The facial includes: client consultation, cleansing/toning, exfoliation with gommage, ampoule and cream application, shoulder and neck massage, paraffin application, day protection cream application, and post-treatment consultation. (1 Hr. 21 Mins.)



Paraffin Treatments: Hands, Feet & Back - AU\$ 110

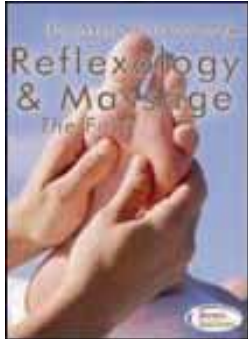
Feel the heat with the hottest product on the market: paraffin. Award-winning CIDESCO diplomat, Rita Page, demonstrates how to use paraffin on the hands and feet by dipping, or applying while a client is lying down by using plastic bags. For the back and arms, she shows how to brush on layers of paraffin over gauze and to apply paraffin strips. Rita also demonstrates cleansing, exfoliation (with sea salt and gommage), treatment cream application, and massage. Indications and contraindications are included. (2 Hrs. 15 Mins.)



Comprehensive Reflexology & Massage: The Hand - AU\$ 95

Learn the healing art of hand reflexology and massage from expert massage therapist, Meade Steadman. Meade provides hands-on instruction, demonstrating the strokes and techniques on both the right and left hands and on different models: young and old, male and female. For the reflexology section, Meade discusses the body's physiology, contraindications (particularly geriatric concerns), history, and how the anatomy of the hand maps to each part of the body. The comprehensive massage demonstration shows techniques to work the hand and forearm for flexibility, relaxation, and improved circulation. Meade's demonstrations show how to warm up the hands, work the "whole body" for balance, and focus on specific areas of concern. (1 Hr. 57 Mins.)

Received 2006 Silver Telly Award



Comprehensive Reflexology & Massage: The Foot - AU\$ 95

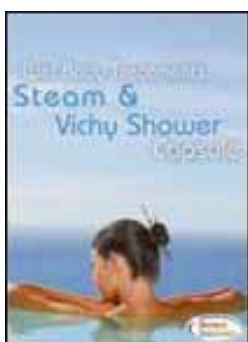
Get a foothold on reflexology and massage of the foot with expert massage therapist, Meade Steadman. Meade provides detailed instruction, demonstrating the strokes and techniques on both the right and left foot and on different models: young and old, male and female. For the reflexology section, Meade discusses the body's physiology, contraindications (particularly geriatric concerns), history, and how the anatomy of the foot maps to each part of the body. The comprehensive massage demonstration shows techniques to work the foot and lower leg for flexibility, relaxation, and improved circulation. Meade's demonstrations show how to warm up the feet, work the "whole body" for balance, and focus on specific areas of concern. (1 Hr. 28 Mins.)

Received 2006 Silver Telly Award



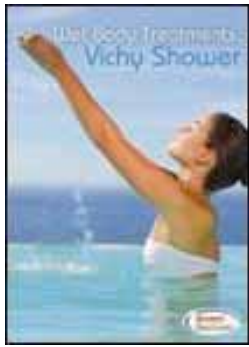
Wet Body Treatments: Hydrotherapy Tub - \$ 155

A hydrotherapy tub allows you to offer luxurious hydrotherapy treatments, such as underwater hydromassage, thalassotherapy baths, and aromatherapy and herbal baths. Carolyn Wilcox, CIDESCO diplomat and an international education manager for hydrotherapy equipment, discusses the features and benefits of the hydrotherapy tub, setting up a wet room, supplies, client preparation, and indications and contraindications for using a hydrotherapy tub. She also demonstrates how to perform thalassotherapy and aromatherapy baths and hydromassage. (46 Mins.)



Wet Body Treatments: Steam & Vichy Shower Capsule - AU\$ 155

A steam and Vichy shower capsule allows you to offer luxurious hydrotherapy treatments, such as mud and seaweed treatments and body scrubs, with ease and minimal mess. Carolyn Wilcox, CIDESCO diplomat and an international education manager for hydrotherapy equipment, discusses the features and benefits of the steam and Vichy shower capsule, setting up a wet room environment, supplies, client preparation, and indications and contraindications for using the capsule. She also demonstrates how to perform a body scrub and mud treatment. Includes partial nudity. (51 Mins.)



Wet Body Treatments: Vichy Shower - AU\$ 155

A Vichy shower is a great addition to any spa, allowing you to offer luxurious hydrotherapy treatments, such as mud and seaweed wraps and salt glows. Carolyn Wilcox, CIDESCO diplomat and an international education manager for hydrotherapy equipment, discusses the features and benefits of the Vichy shower, setting up a wet room, supplies, client preparation, and indications and contraindications for using a Vichy shower. She also demonstrates how to perform a salt glow and seaweed wrap (with a scalp massage). (1 Hr. 7 Mins.)



Facial Equipment Techniques - \$ 140

Rita Page, an award-winning CIDESCO Diplomat, successfully navigates through the confusing world of facial equipment in this jam-packed video. While performing a complete professional facial, Rita effectively demonstrates how to use each function of an 8-in-1 facial machine: magnifying lamp, Wood's lamp, steamer with ozone, vacuum/spray, galvanic current, high frequency current and rotary brush. Along with the facial machine, she also utilizes an infrared light, a skin scope, Lucas spray, and CO2 spray in her facial. Throughout the entire video, Rita's vast aesthetic knowledge and experience shine through as she offers valuable information on each procedure she performs. Throughout, Rita gives precautions and tips associated with the demonstrated procedures. (2 Hrs. 47 Mins.)

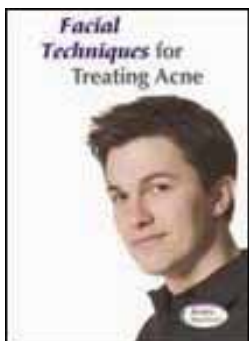
Received 2006 Silver Telly Award Received 2005 Silver Davey Featured in Skin Deep, Feb./Mar. 2006 "Resource of the Month" in Skin Inc., Aug. 2005 Reviewed in Dermascope, Nov. 2005



Men's Facial Techniques - \$ 110

Rita Page, an award-winning CIDESCO Diplomat, demonstrates a complete professional facial tailored specifically for male clients using a combination of an 8-in-1 facial equipment machine and traditional techniques. Rita begins with a client consultation (including questions about shaving habits) and a skin analysis using a magnifying lamp, Wood's lamp, and skin scope. She then illustrates the proper use of a steamer (with and without ozone), galvanic current, high frequency current, rotary brush, and Lucas spray, in conjunction with deep pore cleansing, exfoliation (with gommage), desincrustation, extractions, ampoules, and treatment masks. Rita offers valuable information on each procedure she performs. She also highlights the personal touch throughout, incorporating an extensive facial massage, aromatherapy, and hot towel wraps to ensure relaxation and enhance a client's experience. She concludes with a post-treatment consultation. (2 Hrs. 18 Mins.)

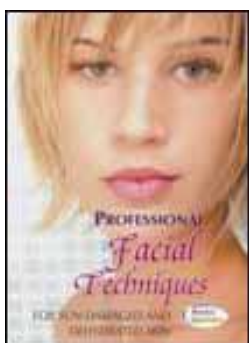
Reviewed in Dermascope, Oct. 2005



Facial Techniques for Treating Acne - AU\$ 125

From general cleansing to individual extractions, Rita Page, an award-winning CIDESCO diplomat, demonstrates the proper aesthetic treatment of acne through a complete facial, using a combination of an 8-in-1 facial equipment machine and traditional methods. Rita begins with a client consultation and a skin analysis using a magnifying lamp, Wood's lamp, and skin scope. She then demonstrates the proper use of a steamer (with and without ozone), galvanic current, high frequency current, rotary brush, vacuum, Lucas spray, and CO2 spray, in conjunction with deep pore cleansing, exfoliation (with gommage), desincrustation, suctioning with glass ventouses, extractions (with comedone extractor, lancet, and fingers wrapped in cotton), corrective cream, and a treatment mask. Rita offers valuable information on each procedure she performs. She concludes with a post-treatment consultation. (1 Hr. 40 Mins.)

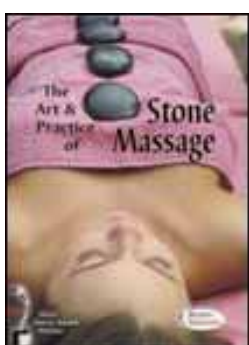
Received 2006 Bronze Telly Award "Resource of the Month" in Skin Inc., Sept. 2005



Professional Facial Techniques for Sun-Damaged and Dehydrated Skin - AU\$ 110

In the fast paced life of today, your clients don't always have time to protect their skin. In this video, renowned award-winning aesthetician and licensed massage therapist, Eva Mileski, tackles two of the most common enemies of the skin: sun-damage and dehydration. The first section shows how a Vitamin C facial counteracts the scorching effects of the sun on your clients' skin. The second section shows how a hydrating layered facial with a modeling mask will counter the damaging effects of dehydration. Eva demonstrates both types of facials and discusses cleansing and the use of sponges, steamers, and a hot towel wrap. She shows how to apply ampoules, gommage, enzymes, creams, moisturizers, masks, sun blocks, and serums. Finally, she walks you through her extensive facial massage. She also outlines effective products to use in each facial and explains why they work. (1 Hr. 25 Mins.)

Reviewed in Dermascope, July 2005 Showcased in Skin Inc., May 2005



The Art & Practice of Stone Massage - \$ 110

Licensed massage therapist, Meade Steadman, illustrates how to incorporate the use of hot and cold stones in full-body massage. Meade, who is also an instructor, demonstrates how to perform the strokes (petrissage, effleurage, and edging) on the different muscle groups from head to toe, while explaining the physiological effects of thermal and cryo therapy, which include stimulating circulation, relaxing musculature, and reducing inflammation. The use of stones for healing dates back thousands of years. In this comprehensive, beautifully filmed video, Meade discusses the history, selection of stones, placement of Chakra stones, and preparatory grounding for focus, as well as equipment, client comfort levels, and contraindications/precautions for such conditions as heart problems and pregnancy. (1 Hr. 44 Mins.)

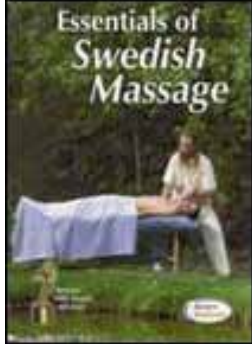
Received 2006 Bronze Telly Award Received 2006 Bronze Summit Award Received 2005 Silver Davey Featured in Spa Management, Feb. 2006 Received 10 out of 10 rating in Massage Today, Feb. 2006 Showcased in Skin Inc., Dec. 2005



The Ultimate Face, Scalp, Neck & Shoulder Massage - AU\$ 110

Beauty is more than skin-deep. In this award-winning video, Meade Steadman, LMT, goes deeper into the muscles to relieve tension, improve posture, and restore natural beauty from the inside out. Seeking that “softening effect”, Meade demonstrates massage techniques — basic and advanced — on the head and shoulders, following the body’s musculature, skeletal structure, and the vascular system. This is a must-have, comprehensive video for massage therapists and aestheticians. Throughout the video, Meade refers to anatomy charts to discuss the underlying foundation of massage work. In addition to the massage demonstration, he also shares some self-massage exercises for clients to maintain the benefits of their session...until the next one. (1 Hr. 18 Mins.)

Received 2005 Bronze Telly Received 9.5 out of 10 rating in Massage Today



Essentials of Swedish Massage - AU\$ 110

In this award-winning video, Meade Steadman teaches and demonstrates everything from body mechanics, preparing your workspace, and the essentials of a full-body Swedish massage from the head and face all the way down to the ankles and feet. You will learn the five strokes of massage — Effleurage, Petrissage, Friction, Tapotement, and Vibration — and how to perform these strokes on both men and women. Learning the steps to Swedish massage from this video will allow you to perform a professional and beautiful massage on all your clients while maintaining a proper balance and flow of energy within your own body. This video is the most comprehensive Swedish massage video ever produced. Welcome to your future as a professional massage therapist. (2 Hrs. 15 Mins.)

Received 2004 Bronze Telly Featured in Massage & Bodywork, Oct./Nov. 2004

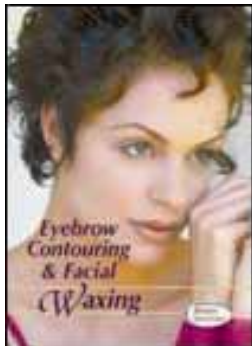
Featured in Les Nouvelles Esthetiques, Sept. 2004 Showcased in Skin Inc., Sept. 2004



Professional Bridal Makeup - AU\$ 95

In this award-winning video, two professional makeup artists, Susie Galvez and RJ McCasland, demonstrate creative bridal makeup application techniques for the bride and bridal party. This video features complete step-by-step bridal makeup on three different models. Demonstrations include base application, eyebrow shaping with micro scissors, facial contouring with highlights and shadows, and unique ways to apply eyeliner, mascara, lipstick, lip liner, blush, and eye shadow. Susie and RJ also share tips on makeup kit essentials and how to attract new clients. (2 Hrs. 32 Mins.)

Received 2004 Bronze Telly



Eyebrow Contouring & Facial Waxing - AU\$ 110

In this comprehensive video, two expert aestheticians, Enesa Seremet and Eva Mileski, and professional makeup artist, RJ McCasland, guide you through the steps for eyebrow contouring and facial waxing. Enesa and Eva provide advanced demonstrations on male and female models on how to use hard wax on the eyebrows, lip, jaw line, chin, nostrils and ears, and how to use soft wax on the eyebrows and lip. RJ demonstrates eyebrow shaping using micro scissors. (1 Hr. 50 Mins.) “Worth a Look” in Dermascope, Mar. 2005

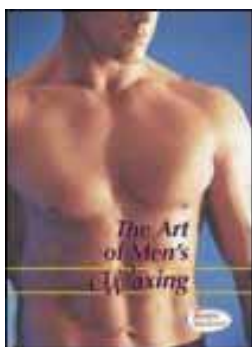


Flawless Body Waxing - AU\$ 110

This award-winning video features three experts — Eva Mileski, Ofra Gaito and Nicole Reposeur — who demonstrate various body waxing techniques on the legs, bikini area, feet, arms, hands and underarms. These demonstrations show effective methods using hard, soft, and roll-on wax, including speed waxing techniques. The expert aestheticians also discuss skin preparation, wax temperature, client positioning, and methods for reducing client discomfort. (1 Hr. 43 Mins.)

Received 2004 Bronze Telly “Worth a Look” in Dermascope, Mar. 2005

Featured in Massage & Bodywork, Dec./Jan. 2004



The Art of Men's Waxing - AU\$ 140

For that smooth look...expert aestheticians, Eva Mileski and Teresa Halencak, demonstrate waxing techniques for the back, neck, chest, shoulders, arms, nostrils and ears. Their demonstrations show complete step-by-step men's Brazilian bikini waxing techniques, plus how to use soft wax on the back, chest, shoulders, arms, and neck, and hard wax on the bikini and genital area, buttocks, nostrils, and ears. Eva and Teresa also discuss client preparation, positioning, and skincare before and after waxing. Contains full nudity. (2 Hrs.) “Worth a Look” in Dermascope, Mar. 2005

Featured in Renew, 2003



Creative Brazilian Waxing Techniques - AU\$ 140

Two experts, Eva Mileski and Teresa Halencak, demonstrate Brazilian bikini waxing using hard wax and soft wax on female models, with and without disposable panties. Eva and Teresa guide you through preparing the skin, trimming the hair, positioning the client, decreasing client discomfort, required equipment, proper wax consistency, and skincare after waxing. The demonstrations show how to remove all the hair in the bikini area — front and back. Contains full nudity. (1 Hr. 11 Mins.)

"Worth a Look" in Dermoscope, Mar. 2005



Skin Analysis & Extraction - AU\$ 155

In this comprehensive video, Kelly Hubbard, M.D., provides skin analyses on 9 different patients with Black, Asian, and Caucasian skin. His analyses include discussion of disorders of the skin, treatments for acne, sun damage and aging skin, and cosmetic options from chemical peels to face-lifts. Dr. Hubbard shows 24 skin disorders, including age spots/lentigos, basal cell carcinoma, squamous cell carcinoma, melanoma, sebaceous hyperplasia, seborrheic dermatitis, seborrheic keratosis, hyperpigmentation, hypopigmentation, dermatosis papulosa nigra, moles/nevus, postinflammatory hyperpigmentation, sun damage/poikiloderma, acne rosacea, keloid scar, acne, eczema, spider veins, folliculitis, superficial fungal infections, herpes simplex, common warts, flat warts and psoriasis. 11 dermatologic procedures are also discussed: microdermabrasion; scar treatments; chemical peels; bleaching creams; Botox injections; collagen and fat injections; laser skin resurfacing; acne extractions, medications and treatments; spider vein treatments; and stretch mark treatments. (1 Hr. 20 Mins.)

Reviewed in Dermoscope, July 2005 Featured as "Must Have How-To Treatment Video" in Skin Inc.

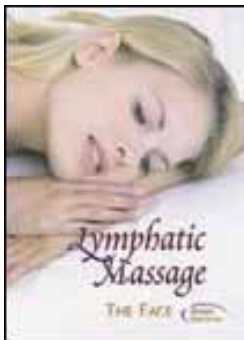


Microdermabrasion: The Professional's Guide - AU\$ 140

Let three professional aestheticians — Christine Heathman, Janelle Muldner and Carolyn Veroni — guide you through microdermabrasion techniques for the face, neck, chest, back, arms, hands and feet. This all-in-one video teaches you the basics about the skin and the effectiveness of microdermabrasion, and shows step-by-step how to perform microdermabrasion techniques on 7 clients. The experts also discuss anatomy and physiology of the skin; skin analysis; specialized acne treatments; physiological effects of microdermabrasion; equipment selection, care, and maintenance; benefits and contraindications; post-microdermabrasion skin care; and how to market microdermabrasion products and services. (1 Hr. 30 Mins.)

Reviewed in Dermoscope, Sept. 2005 Received 3.5 out of 4 rating in Video Librarian, July/Aug. 2002

Featured in Massage & Bodywork, Apr./May 2001 Featured as "Must Have How-To Treatment Video" in Skin Inc.



Lymphatic Massage: The Face - AU\$ 110

Jennifer Bryant, LMT, and Eva Mileski, renowned award-winning European aesthetician and LMT, guide you through this instructional demonstration of lymphatic drainage massage for the face and neck. This all-in-one video teaches you the basics about the lymphatic system and physiological effects of massage, and shows step-by-step how to stimulate lymphatic drainage using both manual and vacuum lymphatic massage techniques. Eva and Jennifer also discuss equipment care and set-up, client preparation and orientation, and benefits and contraindications. (50 Mins.)

Rated 10 out of 10 in Massage Today, Feb. 2004

Featured as "Must Have How-To Treatment Video" in Skin Inc.

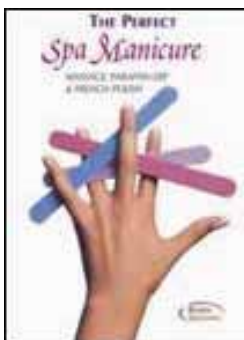


Lymphatic Massage: The Body - AU\$ 110

Let Eva Mileski, renowned award-winning European aesthetician and licensed massage therapist, and Jennifer Bryant, LMT, guide you through this instructional demonstration of lymphatic drainage massage for the chest, abdomen, back, arms and legs. This all-in-one video teaches you the basics about the lymphatic system and the physiological effects of massage, and shows step-by-step how to stimulate lymphatic drainage using both manual and vacuum lymphatic massage techniques. Eva also overviews equipment care and set-up, client preparation and orientation, and benefits and contraindications. (1 Hr. 10 Mins.)

Reviewed in Dermoscope, Jan. 2006 Rated 10 out of 10 in Massage Today, Feb. 2004

Reviewed in Library Journal, June 2002 Featured as "Must Have How-To Treatment Video" in Skin Inc.



The Perfect Spa Manicure - AU\$ 95

Hands down, this video is the most comprehensive teaching video on the market for spa manicures. Renowned aesthetician, Eva Mileski, provides a hands-on demonstration of the steps and techniques of a typical manicure. From start to finish, she covers client consultation; nail and skin evaluation; clipping, filing, and buffing nails; trimming cuticles; hand and forearm massage; paraffin dipping; and French polish finish. (1 Hr. 37 Mins.)

Showcased in Skin Deep, Dec./Jan. 2006

Featured in Les Nouvelles Esthetiques Nov. 2005

Showcased in Skin Inc., Nov. 2005

Professional Pedicure Techniques - AU\$ 95

Noted aesthetician and licensed massage therapist, Eva Mileski, offers a complete guide to spa pedicures. Your clients will feel pampered and ready to go stepping after you apply these techniques. This video includes extensive foot massage, proper sanitation and sterilization, cleansing, nail clipping, nail filing, cuticle and callus removal, exfoliation methods, polish application, spa and paraffin treatments,



Professional Pedicure Techniques - AU\$ 95

Noted aesthetician and licensed massage therapist, Eva Mileski, offers a complete guide to spa pedicures. Your clients will feel pampered and ready to go stepping after you apply these techniques. This video includes extensive foot massage, proper sanitation and sterilization, cleansing, nail clipping, nail filing, cuticle and callus removal, exfoliation methods, polish application, spa and paraffin treatments, essential oils, products and equipment, client consultation, and contraindications. (47 Mins.)
Reviewed in Dermoscope, May 2005



European Facial Techniques - AU\$ 110

Learn techniques for performing European facials from award-winning aesthetician Eva Milseki. Eva guides you through easy-to-follow, step-by-step procedures and complete routines for an extensive facial massage, hand massage, hot towel wrap to remove masks, using sponges to thoroughly cleanse, make-up removal, applying creams and moisturizers, using a steamer, exfoliation...and more! This classic is still holding its own after 12 years! (1 Hr.)
Reviewed in Library Journal, June 2002

Unless you email us and specify VHS we will send you a DVD-R. DVD-R works in most all players. The format for VHS or DVD is for use in American systems and not available in PAL. We suggest you order a VHS unless you are positive DVD-R will play in your DVD player and you can play DVD's or VHS that are in American format. Our DVD's are made using United States NTSC
Note: all dvds are NTSC format from USA and will play in most new model dvd players